

Floyd Farrow Substance Abuse Unit (SAU)

In-custody treatment consists of dual diagnosis services for thirty (30) males and ten (10) females, a distribution reflective of the target population, in a full scope gender-responsive therapeutic community treatment model. In-custody program duration is four (4) to six (6) months. It is anticipated sixty (60) youths will be served in the SAU in FY08-09. Progress and completion of the program is based upon a level and phase system.

While in the SAU a range of services is provided to every youth and family incorporating the following elements:

1. Completion of a comprehensive mental health assessment by a clinician upon intake. If needed, referrals for medication evaluation are made to a JJC psychiatrist.
2. Treatment services centered on a multidisciplinary treatment team of mental health and substance abuse, school, and probation staff that coordinates the treatment plan to address the multiple needs of youth and family.
3. Family involvement is crucial to the child's success, especially because most youth return home after incarceration or live at home during outpatient treatment. The multidisciplinary team engages the family upon their child's intake to the program with a welcome phone call and a home visit. Family Awareness and Family Progress groups are provided on a weekly basis. Individualized Family Therapy is provided by the clinician on a bi-weekly basis.
4. Curriculum is adjusted to the adolescent's developmental needs and to meet educational, cultural, and gender specific requirements. Certain values and structures must be maintained to support the effect of group-based programs, but each treatment plan will be individualized.
5. Integration of extracurricular and therapeutic activities to stimulate interest while supporting the message that sobriety can be fun and meaningful. These activities may include talent shows, holiday celebrations, after-care field trips, family potlucks and barbeques as a means of engaging clients and families. Youth in the SAU and their families experience an atmosphere of acceptance and trust, demonstrated by the number of families involved in the program.
6. Commitment to teams of mental health clinicians and MHS substance abuse counselors with a low client-to-staff ratio and a wide range of diversity and expertise to improve client outcomes, including staff gender and ethnic/cultural diversity. MHS requires that all staff participate in ongoing cultural competence staff training.
7. MHS provides a Post-Release Outpatient Services program (PROPS) to address the mental health and substance abuse issues of the youth after discharge from the Juvenile Justice Campus.

A significant challenge for clients participating in an in-custody program is the transition back into the community. Moving from a highly structured, secure setting like the JJC to an environment that supported addiction and delinquent behavior can be stressful and highly problematic. Many times youths return to homes in which family members are engaged in behaviors that the youth is trying to avoid, or to gang activities that do not foster newly developing healthy, crime-free lifestyles. To help assure post-release stability, in-custody treatment services are designed to help adolescents build and internalize skill sets that will

sustain their commitment to sobriety during and after the transition phase. Program structure and proven interventions at the SAU include:

- **Therapeutic Community (TC):** True recovery is a process that occurs within a “healing community.” This approach puts participants in a setting that teaches, rewards, and reinforces the pro-social skills and attitudes necessary for successful reintegration into society. It also addresses negative attitudes and behaviors by a series of interventions, learning experiences and possible disciplinary measures including temporary exclusion from the community, depending on the severity of the conduct. The SAU in-custody program combines strong and intensive treatment with the tools of the TC to affect cognitive, emotional, and behavioral restructuring of participating adolescents. Only by such a complete restructuring of beliefs, attitudes, and behaviors is it possible to avoid relapse and recidivism. Through the TC youth also learn how to develop positive relationships supportive of a drug-free, crime-free lifestyle; these acquired skills can then be successfully used once released from custody
- **Motivational Interviewing (MI):** In addition to Therapeutic Community, MHS also utilizes MI, as a means of engaging and motivating youth and families. MI is an evidence-based interactive counseling approach proven effective in assisting individuals and families to mobilize internal resources for change by enhancing intrinsic motivation. Program staff are trained in MI counseling style, including interviewing and brief intervention techniques, and the use the stages of change theory - pre-contemplation, contemplation, preparation, action, and maintenance.
- **Gender-Responsive Services:** MHS recognizes that gender makes a difference and gender responsive treatment is a critical component of success in all aspects of substance abuse and mental health treatment. To this end, females participate in a specialize treatment program designed to deal with the complex familial and relationship issues unique to adolescent females with substance abuse and mental health issues. To help female adolescents admitted to the in-custody program explore their unique traits, strengths, and self images, MHS incorporates Stephanie Covington’s “Voices”. Every effort is made to identify an exclusive sustainable environment especially for female’s treatment and supportive activities as a mean of enhancing gender responsiveness. At every level of care, specific treatment interventions are utilized to meet both male and female gender-based needs. For instance, during the in-custody treatment phase, Hazelden’s, “Young Men’s Work” equips adolescent males with the ability to form positive relationships with both men and women with all creeds and colors.
- **Screening and Assessment:** The SAU continue to use the Youth Assessment of Severity Index (Y-ASI) for youth admitted to the program. In collaboration with Fresno’s Juvenile Court, the SAU performs this screening to expedite availability of the information. The mental health clinician completes a comprehensive mental health assessment upon placement in the program.
- **Dual Services Team:** Each group of 10 minors in the SAU has a professional team composed MHS mental health clinician and MHS Substance Abuse Counselor. They provide coordinated treatment and case management during the in-custody phase of the program. This team co-facilitates therapy groups that address substance abuse and mental health issues.
- **Treatment Team:** The team consists of individuals significantly involved in the youth’s treatment, including the youth, family, mental health and substance abuse counselors, probation officer, JJC and education staff, and others who may be involved in the youth’s aftercare plan. The treatment team approves the treatment plan within thirty days of admission and reviews and modifies the plan every ninety days, or as needed. The treatment team reviews progress in the program on a bi-weekly basis.

- **Treatment Plan:** The initial treatment plan is developed by the youth, youth's family, and counselors within the first 30 days of admission integrating information from the mental health assessment. The plan is reviewed by the full treatment team for approval and is updated as needed or at least every ninety days.

- **Treatment Services:** Treatment components include individual mental health therapy, family therapy and counseling, process groups, community groups and psycho educational groups, discharge planning, case management, and recreational and social activities.

Progress in the SAU program is demonstrated through movement through a level and phase system. Movement from one level to the next requires passing milestones, including peer panel interviews. This ensures that the youth feels that he/she has earned the promotion, and that his/her achievements have been acknowledged. Successful completion of the program is finalized with a graduation ceremony, a positive, re-affirming event that includes family members, the treatment team, and others in the youths' community.

Post-Release Out Patient Services (PROPS)

Upon successful completion of the in-custody SAU program youth are returned home to their families and begin the second phase process of recovery. The six-month post -release program provides intensive out-patient services. The continuity of service allows clinicians to develop a consistent and longer term therapeutic relationship with the youth and their family (6 months in-custody, 6 months post-release). This consistent and stable relationship between client and clinician assists in maintaining stability, family participation and treatment compliance as the client reintegrates into their community and peer culture.

The PROPS program provides the following services:

- Intensive substance abuse treatment services
- Individual and family therapy and mental health services as needed;
- Crisis intervention;
- Case management provided by the multidisciplinary team;
- Daily attendance at a specialized school, in a classroom designated for all post-release clients;
- Process and family groups, ancillary referrals, educational/vocational assistance, Life Skills curriculum, coordination of clean and sober activities, educational forums, and family centered activities;
- Information and referral to community-based 12-Step programs;
- Opportunities for community service work; and
- Clean and Sober social and recreational activities.

The underlying principles of the MHS treatment model are:

- Acknowledging that gender makes a difference;
- Creating an environment based in safety, respect, and dignity;
- Maintaining policies, practices, and programs that are relational and promote healthy connections to family, significant others, and the community;
- Treating substance abuse, trauma and mental health needs through comprehensive, integrated and culturally relevant services and appropriate supervision;
- Providing all adolescents with opportunities to improve their socioeconomic conditions; and
- Establishing a system of community supervision to improve collaborative services.

Program Data

Fiscal Year 2006-2007 we had 63 successful completions with 67% drug free the first three months after completion., 95% who had no new convictions within those months, and 74% who were attending school, attending vocational program or working.

Fiscal Year 2007-2008 we had 65 successful completions with 80% drug free after 6 months of completion, 80% had now new convictions and 95% were attending school, attending vocational or working.

Success Stories

- We now have well over 40 minors who have achieved a high school diploma while in our program.
- Our first successful completion of the SAU returned as our substance abuse counselor intern this year.
- We have several others who are working in fields such as Habitat for Humanity, nursing, social work, management, military, and the retail industry to name a few.
- One of our graduates graduated with honors from Fresno City College and is in her second year at Fresno State studying social work. She is also a motivational speaker to youth in Fresno having made many presentations in person as well as a video on why substance abuse treatment works.
- We are currently experimenting with the support of the administration of the Juvenile Justice Campus by taking two of our SAU minors to college classes at Fresno City College this semester while they are in custody in our program.